



KING
UNIVERSITY
— 1867 —

Counseling Center

The mission of King University Counseling Center is to provide students with an opportunity to meet with a licensed professional counselor to assist in reaching their full potential spiritually, emotionally, academically, and socially.

Our Free and Confidential Counseling Center offers:

- A safe and friendly environment to receive help in times of need by a licensed professional counselor
- Individual, Couples, and Group Counseling for a variety of difficulties
- Crisis Intervention
- Referrals to Student Success Services
- Referrals to Community Resources
- Psycho-Educational Programs

Common Issues:

Stress • Grades • Homesickness
Family Concerns • Eating Concerns
Trauma • Anxiety • Depression
Self-harm • Self-esteem • Grief
Substance Use • Relationships
Body Image • Suicidal Thoughts

To Schedule:

Call 423.652.4742 *or* email
counselingcenter@king.edu



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Tips for Self-care:

- **Practice effective self-care by meeting your basic needs:**
Get enough sleep, practice healthy eating habits, drink plenty of water, take moments to pause & breathe.
- **Practice positive self-talk** by using uplifting and hopeful language with yourself as if you were encouraging a friend.

If you are concerned about your emotional and mental health:

- **Reach out to your support system.**
Whether it be a trusted friend, family member, instructor, RA, coach, or teammate.
- **Schedule an appointment** with the Counseling Center at 423.652.4742 or counselingcenter@king.edu.

Crisis Lifeline: Call or Text 988

For more information:

www.king.edu/student-life/resources-for-students/counseling-center

Location:

The Counseling Center is located just behind White Hall, take the walkway between the Fine Arts building and White Hall to the first house on the right or use the private driveway from E. Cedar Street just past the Maintenance building.